Mulled Apple Cider

(Yields 2-3 servings)

**Ingredients:**

* One cinnamon stick
* Dash of ground cloves
* 2 allspice berries
* Orange peel from ¼ of an orange
* Lemon peel from ¼ of a lemon
* 25ml maple syrup
* 375ml apple juice

**Method:**

1. Place all ingredients into a small saucepan
2. Bring it to a boil then reduce and simmer for half an hour
3. Remove from heat and strain to remove pieces
4. Serve in mugs